

**May 5, 2005**

My workbook lesson today is #343, *I am not asked to make a sacrifice to find the mercy and the peace of God*. I have been so filled with happiness lately that a lesson about sacrifice did not resonate with me. I asked the Holy Spirit what it would like to share with me about this lesson. That conversation with the Holy Spirit follows:

*Spirit*: Everyone fears sacrifice as they near the gate to Heaven, but that is merely the ego calling them back. It is the call of fear, and it calls you back to nothing. You will hear this call, and you must decide if you will listen or let the call pass you by.

*Regina*: Can you share any tips that will help me to resist the temptation?

*Spirit*: When the call comes, remember that you are the Son of God. If you forget who you are, you will be tempted to answer the call of fear, because you will believe that your safety lies there. If you remain firm in your belief in your Self, you will only want to join with your Self by stepping through the gate of Heaven. No weak and sickly call can call you away from your desire to be your Self.

*Regina*: And how do I cultivate that firm desire to be my Self?

*Spirit*: Cultivate your desire to be your Self by being with your Self now, in every moment, with every thought. Be grateful for the joy you feel when you are with your Self. Share that joy with your brothers. Become your Self in every moment through your willingness to have only peace, and your experience of your Self . . . your peace . . . your joy . . . the Love you feel for your brothers, . . . will call to you louder than the call to nothing, so you will answer the call to Heaven . . . the call to your Self.

*Regina*: Thank you for the reminder to practice all of the time. I will focus on that.

**May 6, 2005**

What if we pray all of the time, without ceasing?  
What if every thought we have, every feeling is a prayer?  
And what if the world we see is made by our prayers?

If we pray without ceasing and prayer makes our world,  
What are we making today?

What thoughts am I allowing within my mind?  
What am I focusing on?  
What is my prayer, *really*?

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*Note: The following message may not be on the audio.*

**Question:** I just found out through feedback from a friend, that I may have typed something in innocence that caused grief in others. It was never my intent to say anything that would trigger these emotions with these people. They are not Course students. They are not trying to remove the barriers to love. They are trying to get my approval, because I am their boss. My words yesterday may have made some of them feel that they don't have that approval.

**Answer:** This thought that you have done something wrong is recurring to you as you are letting it go. Don't let that concern you. The belief in separateness is a deeply held belief and it will not seem to be released easily. But you may breathe easily as it seems to come up and is released, because when it is coming up, it *is* being released. If you are not holding onto it and buying into it, you are letting it pass by. Continue to breathe and focus on your purpose (to let this belief go). Nothing else is required of you. That is all that I ask you to do.

Remember that I love you, that you are Love, and that you are me. Remember that you identify with oneness by identifying with me. Bring yourself back to that identification. Listen for me in your thoughts. I am there. Look for me. Seek me out. Call my name. I am there within the mists waiting for the mists to clear, and as you breathe, the mists are clearing.

I am holding out my hand to you. Can you see me? I am smiling, and in my smile you will see the reflection of the love that you Are.

Take my hand. Feel my approval for you. It is approval without the possibility of disapproval. It is acceptance and love.

Know that this acceptance and love is *your* acceptance and *your* love, which you share with your brothers in your thoughts. You have given it to them, and now you may accept it for yourself. As you accept it, acknowledge that you are accepting it for everyone. This is what you want for everyone. Accept it for yourself, so you can give it to them again. To give, you must have received. Accept my acceptance for you. It is yours. Give it to them, because it is yours to give them and because it is what you want for them.

**May 8, 2005**

Let your mind rest today. Remember that it is *not* your role to struggle. To struggle is to attempt to "go it alone" using your own individual power. To struggle is to let the ego guide you on your spiritual path. To struggle is a mistake and to mistakenly walk the wrong path.

The way to God is a peaceful path. It is the way of rest, where all things seem to be done for you, because you have been willing not to struggle. And you are willing not to

struggle for one reason – because you have chosen a different purpose, a purpose that knows no struggle. It sees no forces to struggle against and desires no separation to struggle for. It has let the struggle go, because it is the purpose of accepting what Is as it Is. It is the purpose of remembering Truth, and Truth can only be remembered when struggle is let go.